Here's a detailed functional hierarchy for each potential role within the app, based on the RFP:

1. Student Athlete

- **Home Screen:**
  - **Personalized Dashboard:** Displays progress on goals, recent activity, upcoming events, and relevant resources.
  - **Quick Access to Key Features:** Buttons for tracking physical activity, logging meals, managing sleep, accessing mental health resources, and learning about substance prevention.
  - **Notifications:** Alerts for upcoming events, reminders for tracking activities, and personalized messages from coaches or administrators.
- **Tracking & Monitoring:**
  - **Physical Activity:**
    - **Log Workouts:** Record type, duration, intensity, and location of workouts.
    - **Track Progress:** View charts and graphs showing activity levels over time.
    - **Set Goals:** Establish targets for activity frequency, duration, or intensity.
    - **Connect with Wearables:** Integrate with fitness trackers for automatic data capture.
  - **Nutrition:**
    - **Log Meals:** Record food intake, portion sizes, and nutritional information.
    - **Track Macros:** Monitor protein, carbohydrates, and fat intake.
    - **Get Personalized Recommendations:** Receive suggestions for healthy meal options based on individual needs.
    - **Access Nutrition Resources:** Links to articles, recipes, and educational materials.
  - **Sleep:**
    - **Log Sleep:** Record bedtime, wake-up time, and sleep quality.
    - **Track Sleep Patterns:** View charts and graphs showing sleep duration and quality over time.
    - **Get Sleep Tips:** Receive personalized recommendations for improving sleep habits.
    - **Access Sleep Resources:** Links to articles, sleep hygiene guides, and relaxation techniques.
  - **Mental Health:**
    - **Access Mental Health Resources:** Links to local and national mental health organizations, hotlines, and support groups.
    - **Self-Assessment Tools:** Screenings for anxiety, depression, and other mental health concerns.
    - **Mindfulness & Relaxation Techniques:** Guided meditations, breathing exercises, and stress management tools.
    - **Connect with a Therapist:** Option to schedule virtual appointments with licensed therapists.
- **Substance Prevention:**
  - **Educational Content:** Articles, videos, and interactive modules about the risks of substance use, healthy coping mechanisms, and resources for help.
  - **Decision-Making Tools:** Scenarios and quizzes to help students make informed choices about substance use.
  - **Peer Support:** Opportunities to connect with other student athletes and share experiences.
  - **Emergency Resources:** Contact information for local emergency services and substance abuse treatment centers.
- **Community & Support:**
  - **Team Chat:** A platform for communication and support within the team.
  - **Coach/Administrator Messages:** Personalized messages from coaches or administrators.
  - **Resource Directory:** Links to local and national organizations that provide support for student athletes.
  - **Social Media Integration:** Option to share progress and achievements on social media.

2. Coach/Athletic Director

- **Team Management:**
  - **Student Athlete Profiles:** View individual student athlete data, including progress on goals, activity levels, and mental health assessments.
  - **Team Performance Tracking:** Monitor overall team progress, identify areas for improvement, and track participation rates.
  - **Communication Tools:** Send messages to individual students or the entire team.
  - **Resource Sharing:** Share relevant articles, videos, and other resources with students.
- **Curriculum Integration:**
  - **SPORT Prevention Plus Wellness Curriculum:** Access and integrate the curriculum content within the app.
  - **Personalized Content Delivery:** Tailor content delivery to individual student needs and team goals.
  - **Progress Monitoring:** Track student progress on curriculum modules and identify areas for support.
- **Data & Reporting:**
  - **Team Performance Reports:** Generate reports on team activity levels, mental health trends, and substance use prevention outcomes.
  - **Individual Student Reports:** View detailed reports on individual student progress and identify areas for intervention.
  - **Data Analysis Tools:** Use data to inform coaching decisions, program development, and resource allocation.
- **Administrative Functions:**
  - **App Settings:** Manage team settings, privacy controls, and user permissions.
  - **Content Management:** Add, edit, and remove content within the app.
  - **Resource Management:** Update and manage the directory of local and national resources.

3. DSCYF/DPBHS Administrator

- **App Management:**
  - **Global Settings:** Control app-wide settings, including branding, user permissions, and data privacy.
  - **Content Management:** Add, edit, and remove content across all teams and users.
  - **Resource Management:** Manage the directory of local and national resources, including adding, editing, and removing listings.
  - **User Management:** Create, edit, and delete user accounts, assign roles, and manage permissions.
- **Data & Reporting:**
  - **App Usage Analytics:** Track app usage metrics, including user engagement, content consumption, and resource access.
  - **Program Impact Reports:** Generate reports on the overall impact of the app on student health and well-being.
  - **Data Visualization Tools:** Use data to identify trends, measure program effectiveness, and inform future development.
- **Communication & Outreach:**
  - **Push Notifications:** Send targeted messages to individual students, teams, or the entire user base.
  - **Email Marketing:** Create and send email campaigns to promote app features, resources, and events.
  - **Social Media Integration:** Connect the app with social media platforms to increase awareness and engagement.
- **Customization & Integration:**
  - **Content Customization:** Add, edit, and remove content to align with specific program goals and local needs.
  - **Resource Integration:** Integrate with external resources, such as local mental health organizations or substance abuse treatment centers.
  - **Data Integration:** Connect the app with other data systems, such as school records or health information databases.

4. Resource Provider

- **Resource Management:**
  - **Profile Management:** Create and manage a profile for their organization within the app.
  - **Resource Listing:** Add, edit, and update information about their services and resources.
  - **Contact Information:** Provide contact information, including phone numbers, email addresses, and website URLs.
  - **Resource Categories:** Categorize their resources to make them easily searchable by users.
- **User Interaction:**
  - **Messaging:** Receive messages from users seeking information or support.
  - **Appointment Scheduling:** Option to schedule appointments with users through the app.
  - **Feedback & Reviews:** Collect feedback from users about their experiences with the resource.
- **Data & Reporting:**
  - **Resource Usage Analytics:** Track the number of users who access their resources and identify areas for improvement.
  - **User Feedback Reports:** View feedback from users and use it to improve their services.
  - **Data Integration:** Connect their data systems with the app to streamline communication and reporting.

Note: This is a comprehensive framework. The specific features and functionalities implemented within the app will determine the exact roles and their hierarchy.